



Northfield Senior Center Newsletter December 2022



The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

Senior Center /CoA

Director:

Colleen Letourneau, LSW

Program Assistant:

Linda Keech

Board Members:

Deb Lanou, Chair

Jim Whitcomb, Co-Chair

Betty Whitcomb,

Treasurer

Debby Wiesen Kelly,

Interim Secretary

Frank Froment

Margaret Livingstone

Tony Stavely

Judie Tate

Phone & Information:

(413) 498-2901 x 114

Email:

[seniorcenter@northfield
dma.gov](mailto:seniorcenter@northfieldma.gov)

Website:

[www.northfieldma.gov/
seniorcenter](http://www.northfieldma.gov/seniorcenter)

Address:

69 Main Street
Northfield, MA 01360

Reflections of 2021-2022

It's been a year and a half since the beginning of my employ here as the Director of the Council on Aging's Northfield Senior Center. I feel so fortunate to have been able to contribute my small part to the successful transition back to a new normal since the onset of the Covid pandemic in 2020.

We have been busy bringing our seniors a variety of supportive services like the flu and covid vaccine clinics, veterans services, foot and blood pressure clinics, monthly nursing clinics, SHINE, Fuel Assistance consultations, Take & Go Lunches, Brown Bag program and Salvation Army case management.

Numerous educational events have included coffee socials with special guest speakers on subjects pertinent to the over 60 population, Art classes, knitting for "Warm the Children", card games, summer Concerts at the Northfield Golf Club, Healthy Bones and Balance and yoga classes.

Our new walking group named "Happy Feet" gets us out in the fresh air for more exercise. Plus, we are offering an intergenerational "Happy Little Feet" program by including the Northfield Elementary kindergarten classes from last year and this school year. The now first grade class helped earn points towards prizes for the Massachusetts Council on Aging walk challenge during their recess time with their senior friends.

I am very pleased to report that with the support of the Council on Aging board members, the Friends of Northfield Seniors members, our many volunteers, and our wonderful patrons we have had a successful year in bringing us all closer together to enjoy each other's company and decrease the sense of isolation that we were experiencing. Our successful Volunteer appreciation event was the first event in several years due to the pandemic as we wanted to thank the numerous volunteers for the hours they have spent towards helping our citizens and each other live our best lives.

Our numbers of people joining us from Northfield and surrounding Towns have nearly tripled since we opened our doors last October 2021. We are enjoying our gatherings so much and have more activities in store. Please come and join us when you can.

Thank you for everything and see you soon

Best regards

Colleen Letourneau L.S.W.



Public Health
Prevent. Promote. Protect.
Cooperative Public Health Service
Franklin Regional Council of Governments

Drop-In Nursing Hours December 7th, 12:30-2:30 p.m.

RSVP by noon, Monday, December 5th for standard Quadrivalent Flu vaccines and Covid Bivalent boosters.

ONLY AVAILABLE for those who RSVP.

**Call the Senior Center to Reserve your choice of vaccine
(413) 498-2901 x 114.**

Bring your insurance card and covid card.

Public health nurses will be available monthly on the first Wednesday of the month at the Senior Center from 12:30 to 2:30 p.m.

Everyone is welcome, no appointment needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**. For more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 774-3167 x 156. Come and say hello!



Neighbors at Home

*Call in your service requests – **New # 413-200-8183***

Contact: info@neighborsathome.org or

service@neighborsathome.org

www.neighborsathome.org.

As of July 1, 2022, member fees will be \$60 for an individual and \$90 for a household.

LOAVES & FISHES

Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for those who have been furloughed, laid off or simply need emergency assistance.



Call Cathy Hawkins Harrison a 413-498-2038 for more information.



SAND/SALT BUCKETS AVAILABLE

Contact the Senior Center 413-498-2901 X 114 to reserve your bucket for use during this winter season.

The Northfield Council on Aging is open for additional Board members. If you or someone you know is interested, please call Colleen Letourneau (Director) at 413-498-2901 ext. 114.

DECEMBER's *SOUPER* SOCIAL Lunch!



We're continuing during the December Holiday month. Come into the Senior Center, enjoy a bowl of soup (along with what else is offered), sit and enjoy lunch with other Seniors!

Crock-Pot Soups - Choice of one

Salmon Chowder OR Taco Bean/Pork Soup (not spicy)

Garden Salad, Crackers/Chips plus various beverages & dessert options

Thursday, December 15th

Serving 11:00 a.m. – 12:30 p.m.

Suggested Donation of \$5 per Lunch is appreciated to help cover our costs.

Reserved Seating - limited to 20

MUST RSVP by calling the Senior Center at 413-498-2901 x 114 or emailing seniorcenter@northfieldma.gov

By no later than 3:00 p.m. Monday, December 12th !



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program).

Pick up is available on the FIRST THURSDAY of every month.



* Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).

There will not be a meal in December but they will resume in January 2023

***RSVP the week before by**

Calling: 334-663-6541 OR e-mailing ldewitt@fccmp.org OR online at fccmp.org/rsvp.

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.- 1:00 p.m. Please Follow COVID-19 Posted Rules.



The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the Food Stamp Program, helps you stretch your food dollar to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. +To find out if you're eligible and to apply **CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204** for more information.

DECEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Further Details for Programs on our Calendar are posted elsewhere in this Newsletter.</p>	<p>INCLEMENT WEATHER & CLOSINGS: Listen to TV Channels 22, 40, Radio WHAI, Bear Country & Wizz radio</p> <p>When the Northfield Schools are closed the Northfield Senior Center and Town Hall will be closed</p>		<p>1 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall BROWN BAG pickup @ 11:30 AM SENIOR CENTER CLOSED at 2:30 PM TODAY</p>	<p>2 Senior Center & Town Hall CLOSED on Fridays</p>
<p>5 RSVP by Noon for Vaccines Speaker @ 11 AM 10:00 AM - Noon Coffee time snacks & knitting 1:00-4:00 PM Bridge</p> 	<p>6 RSVP for Art Class SHINE by appointment only Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game</p>	<p>7 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom ONLY 12:30 – 2:30 PM Nurses Available</p>	<p>8 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 12:30 PM – TED TALKS 1:00 PM Knitting</p>	<p>9 Senior Center & Town Hall CLOSED on Fridays</p>
<p>12 Last day to RSVP for SOUPER SOCIAL Lunch 10:30 AM "Happy Feet" 1:00-4:00 PM Bridge</p> 	<p>13 10:00 AM - Noon Aromatherapy ART CLASS 1:00 – 4:00 PM Samba card game</p>	<p>14 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY</p>	<p>15 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 11:00 AM–12:30 PM SOUPER SOCIAL Lunch by reservation</p>	<p>16 Senior Center & Town Hall CLOSED on Fridays</p>
<p>19 10:30 AM Happy "Little" Feet recess time activity in Senior Center 1:00-4:00 PM Bridge</p> 	<p>20 Foot & Blood Pressure Clinic by appointment only 1:00 PM CoA Board Meeting LIFEPATH Presentation 1:00 – 4:00 PM Samba card game</p>	<p>21 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY</p>	<p>22 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 10 AM – Noon Internet Café 1:00 PM Knitting</p> 	<p>23 Senior Center & Town Hall CLOSED on Fridays</p>
<p>26 HOLIDAY OBSERVED Town Hall and Senior Center CLOSED</p>	<p>27 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game</p>	<p>28 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY</p>	<p>29 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall</p>	<p>30 Senior Center & Town Hall CLOSED on Fridays</p>



Medicare Prescription Drug Annual Open Enrollment Appointments are available for Medicare Beneficiaries

Medicare's Annual Open Enrollment runs from Oct. 15-Dec. 7, 2022 and it is more important than ever during these tight economic times for people with Medicare to review their Drug coverage and make sure they have the right coverage in 2023.



Take this opportunity to meet with a trained **SHINE** counselor to review your plans to make sure you are getting the most value and right coverage for your unique needs.

 **SHINE** - Servicing the **H**ealth **I**nsurance **N**eeds of **E**veryone

Chris Maguire, **SHINE** counselor, will be available to provide one on one **SHINE** counseling to review your Medicare Prescription Drug Coverage. To schedule an appointment please contact the Senior Center 413-498-2901 ext 114.

One morning slot remains available on Tuesday, December 6th

When you come for your appointment – please bring your Medicare card, list of medications and any recent communication from your current plan. If you have a Medicare account – please bring your username and password.

Coffee Social MONDAY - December 5th

10:00 a.m. - Noon



Speaker from GFLD Savings Bank starts at 11:00 a.m.



Greenfield Savings Bank's presentation with Matthew Sheridan
An Economic Roundtable: Come join a general conversation on current economic and financial trends. Bring your questions.

Puzzles, bring your knitting projects, pick out a game or play cards, join our knitters and enjoy coffee-tea-hot chocolate, cold beverages and snacks. If it is a nice day we could go sit in the pavilion behind the Town Hall.



"Happy Feet" Walking groups

*** New meet up times for the winter ***

In the event of steady rain or sleet/ice the walk will be canceled.



Walk # 1: Monday December 12th 10:30 a.m.
Meet at the Birnam Trail Head Birnam Road Northfield MA.
Dogs on leashes are welcome.

Walk # 2: Monday, December 19th
Meet the Senior Center @ 10:30 a.m.
for our HAPPY "LITTLE" FEET recess time activity.



This is a fun intergenerational program with our new kindergarten class. We'll walk to NES and pick up the kindergarten children for a walk down Main Street and then we'll make luminaries with the children, have a snack and a juice box! Sorry no dogs allowed inside the senior center. Seniors with a walker or wheelchair are encouraged to attend.

New participants always welcome to come and learn.



Aromatherapy Experience!

Art Class

Tuesday, December 13th
Starting at 10:00 a.m.

We'll be making orange pomanders studded with cloves to supplement your holiday decorations. They can fill your room(s) in your home with a natural spicy/citrus scent. Perfect for the Holidays.

Come join our Art Class by retired art teacher Ginny Rockwood.

PRE-REGISTRATION/ RSVP DUE BY 12/6/22

Call 413-498-2901 x 114

Cost is \$6.00 for all materials and professional instructions.

Minimum of 4 people and maximum of 12 people

FUEL ASSISTANCE 2022-2023

Community Action Pioneer Valley offers this program for our neighbors with low incomes to pay a portion of their home heating costs. Eligibility and payment amounts are determined by family size and gross annual household incomes.

→ **Returning applicants/recertifications** were mailed in October & November.

→ **New applicants** can contact Linda/Northfield Senior Center for more information and an appointment OR <https://www.toapply.org/CA>.

60+ YOGA

Zoom and in-person at the Northfield Town Hall

Thursdays 9:30 - 10:30 a.m.

***see statement below**



Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!* Explore how the tools of yoga can help you

- move with more ease,
- balance with greater confidence,
- breathe more deeply,
- think more clearly, and
- sleep more soundly.

Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360.*

Donations ensure the continuation of this valuable program.

***New students** must register in advance and complete a Waiver prior to attending first class. **To register/ for more info:** call or text 413-834-4524 or email libby@yogalibre.net.

"Class via Zoom only when:

The Senior Center is Closed ~ The local schools are closed due to inclement weather" as the Town Hall is also closed.



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.

Starting December ZOOM only

(An email with the Zoom link will be sent to registered participants.)

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive (“weights” = canned goods; “exercise balls” = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114



Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



THIS MONTH: **December 8th @ 1:00 p.m.**
December 22nd @ 1:00 p.m.

Our current project is learning to knit **SWEATERS** ! Bring your yarn, patterns and supplies. If interested in knitting sweaters from your home, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Please note that on the second Thursday of each month, the Senior Center airs TED talks starting at 12:30. Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00 when TED Talks ends.



Continuing ** INTERNET CAFÉ **Continuing
Thursday, December 22nd
10:00 a.m. – Noon
Free Wi-Fi

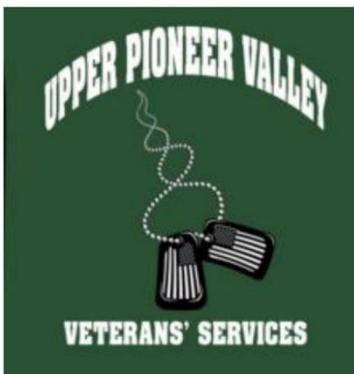


DROP IN bringing your own tech devices (laptops, tablets, smartphones).

OR

RSVP (413-498-2901 X 114) for instructions on using our iPads. The four iPads that we have are also available for short-term loans, after completing an application. iPads were purchased through a grant from Life Path.

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.



Veterans' Agent Hours

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield will now have a veterans' agent conducting outreach hours at the Northfield Senior Center.

The veterans' agent will hold hours the **Fourth Tuesday of every month from 9:00 a.m. to 11:00 a.m.** They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed.

Next offering is **December 27th** .

Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.



DECEMBER
SOUper SOCIAL Lunch!

*Crock-Pot Soups - Choice of one
Salmon Chowder OR
Taco Bean/Pork Soup (not spicy)
Garden Salad, Crackers/Chips
plus various beverages and dessert options*

Thursday, December 15th
Serving 11:00 a.m. – 12:30 p.m.

We're continuing during the December Holiday Month. Come into the Senior Center, enjoy a bowl of soup (along with what else is offered), sit and enjoy lunch with other Seniors!

Suggested Donation of \$5 per Lunch is appreciated to help cover our costs.

Reserved Seating - limited to 20 Seniors

MUST RSVP by calling the Senior Center at 413-498-2901x114 or emailing seniorcenter@northfieldma.gov

By no later than 3:00 p.m. Monday, December 12th!



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.



Thursday, December 8th @ 12:30 p.m.

THEME: MUSIC

1. "The Violin, and my dark night of the soul" – Ji-Hae Park
2. "on violin and cello, Passacaglia" – Robert Gupta & Joshua Roman

We'll discuss Interesting and informative short films on a variety of subjects, in 2022 Ted Talks now comes to you the 2nd Thursday of the month 12:30 – 1:00 p.m.

- If interested in receiving the zoom link, email: keeneassistant@americanhouse.com
OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.



SALVATION ARMY Information

We are looking for volunteers who would be willing to ring the famous **Red Kettle** during the holiday season. If you, or your organization are interested in supporting this very public fund raiser, please contact me directly. **Lt. Paul Leslie (978) 895-2869**



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

2 Clinics this month: December 6th and December 20th

Please call for dates and availability 413-498-2186 or 413-498-2901, ext. 114.

(Slots fill up fast)

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required.

Service is free; donations appreciated for supplies and for Council on Aging programs.



CARD GAMES

Ongoing ~ SAMBA –

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Ongoing ~ BRIDGE –

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon.



Franklin Regional Transit Authority

FRTA

Senior Van support

Call the VAN SERVICE! (413)768-1824

48 Hours Notice

Leave a MESSAGE with a call back number.

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS REQUIRED

**Medical Appointments
Hairdresser**

**Groceries
Bank**

**Pharmacy
Coffee**